

Feng Shui



Feng Shui

Pronounced “fun shway”

The ancient Chinese art of
placement.



What does it mean?

- ◆ Feng shui literally means wind (feng) and water (shui). In this respect, wind is the flow of chi (energy) and water is the containment of chi.
- ◆ When a home has good feng shui, chi flows thru the home easily bringing good feelings of balance and harmony.
- ◆ If chi is interrupted, stagnant pools of energy form, stopping chi and creating imbalance.
- ◆ The art of feng shui is also sometimes called “geomancy.”



Feng Shui Equation

◆ Feng shui =

風水

◆ ch'i +

氣

◆ yin yang +

陰陽

◆ the five elements +

五行

◆ the eight directions

八方

The purpose...

- ◆ Is to bring together heaven and earth together; a meeting of the invisible with the visible.
- ◆ It is led by the belief that the universe was put together with intention; not just thrown together.
- ◆ By learning about Feng Shui, we should be able to intentionally add to our part of the universe.



Picture of Heaven and Earth

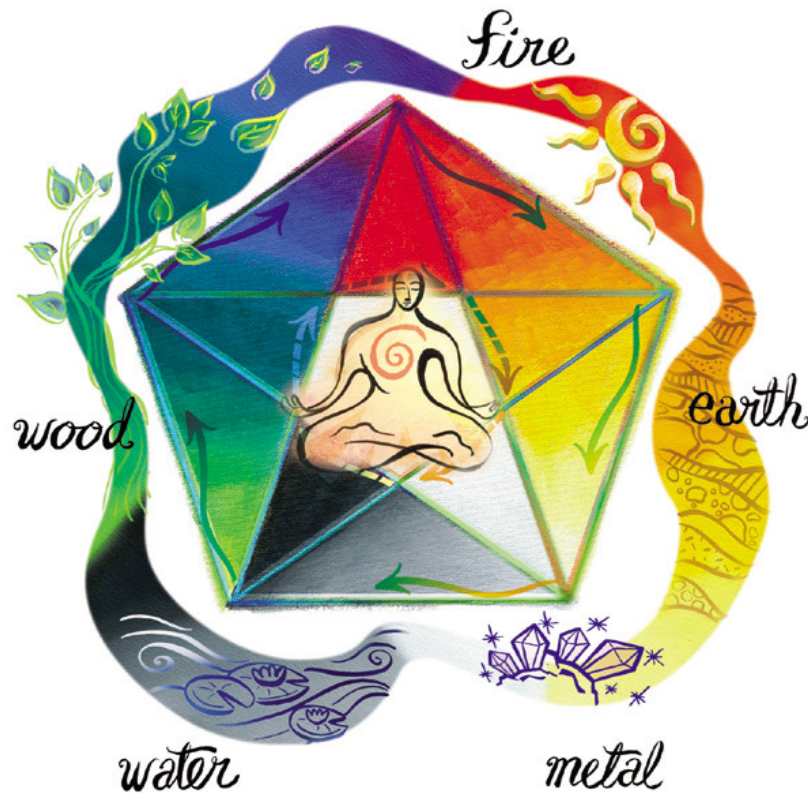


The Yin Yang

- ◆ We have all heard of Yin and Yang: Yin is the visible, tangible world and Yang is the invisible, unseen, vibrational world (what we feel).
- ◆ The Yin Yang is an integral part of feng shui and stands at the heart of the ba gua.



The foundation of Feng Shui



- ◆ Five elements exist in nature: wood, fire, earth, metal, and water.
- ◆ These elements work together to help us balance our lives, physically and spiritually.

Foundations Continued...

- ◆ Each of the five elements can affect the other elements positively or negatively depending on how they are used with each other.

Nourishing Cycle	Controlling Cycle
Water nourishes wood	Wood breaks up earth
Wood feeds fire	Earth absorbs water
Fire produces earth	Water extinguishes fire
Earth creates metal	Fire melts metal
Metal holds water	Metal cuts wood



More on Foundations...



- ◆ The nourishing cycle shows us how each element feeds or sustains the others.
- ◆ Sustaining each other creates perfect harmony.
- ◆ When all five elements are present, a natural balance is achieved.
- ◆ The controlling cycle represents how the elements dominate or control each other.
- ◆ The controlling cycle is not necessarily a negative influence; it can help us to achieve elemental harmony.
- ◆ We find the controlling cycle in many places that are considered to be very beautiful.

Fire



- ◆ Expresses excitement, fullness, warmth, and expression.
- ◆ The energy of passion.
- ◆ Colors are red and orange
- ◆ Represents fame on the ba gua
- ◆ Direction is south
- ◆ Shapes are triangular, sharp and jagged.

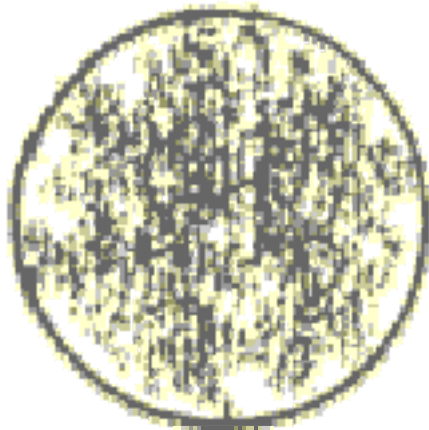
Earth

- ◆ It surrounds, stabilizes and reassures to create nurturing and support energy.
- ◆ Is a peacemaker and views change as dangerous.
- ◆ Colors are yellow, gold, brown, and earth tones.
- ◆ Ba gua sectors are relationships, self-knowledge, and health.
- ◆ Shapes are square, broad and flat.



Metal

Metal



- ◆ Is the organizing energy in creating meaning and is life-giving.
- ◆ Metal organizes randomness and chaos into structure.
- ◆ Colors are white, silver, and gray; black and white.
- ◆ Sectors on the ba gua are helpful people and creativity.
- ◆ Direction is west.
- ◆ Shapes are round and oval.

Water

- ◆ Is the quiet energy flowing with patience while enduring and watchful.
- ◆ Is fluid and changing and takes what ever shape you give it.
- ◆ Colors are black, deep blue, an deep violet.
- ◆ Ba gua sectors are career and life path.
- ◆ Direction is north.
- ◆ Shapes are wave-like.



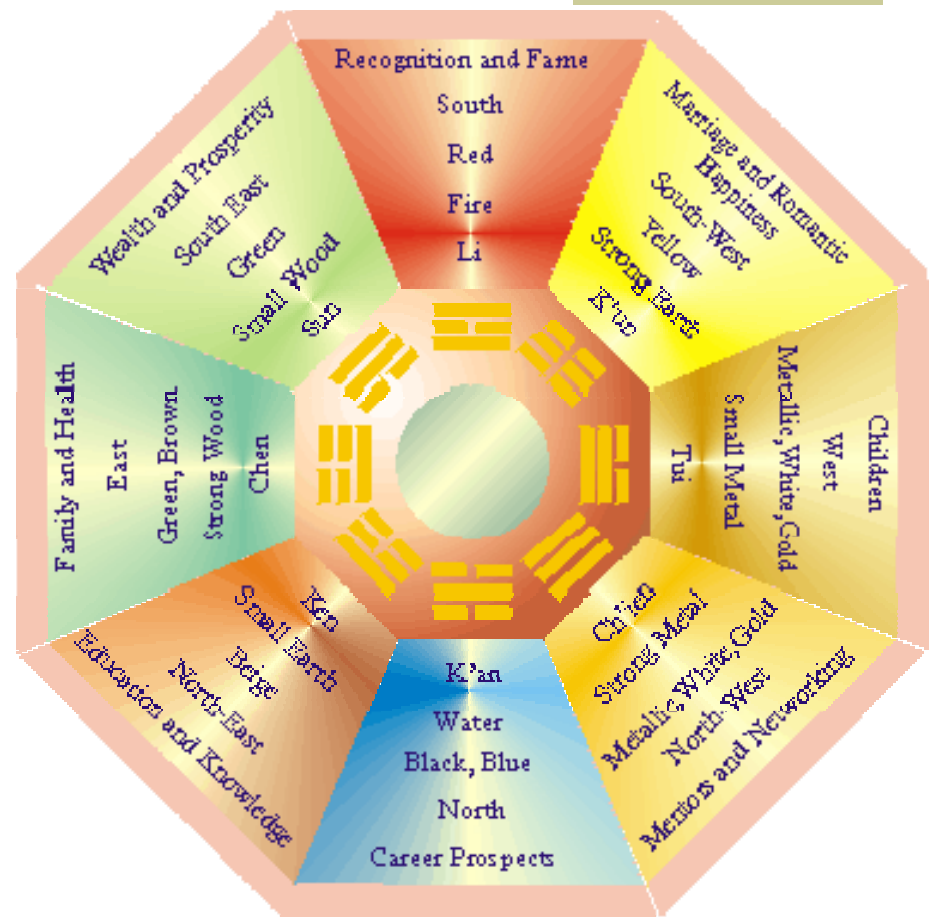
Wood



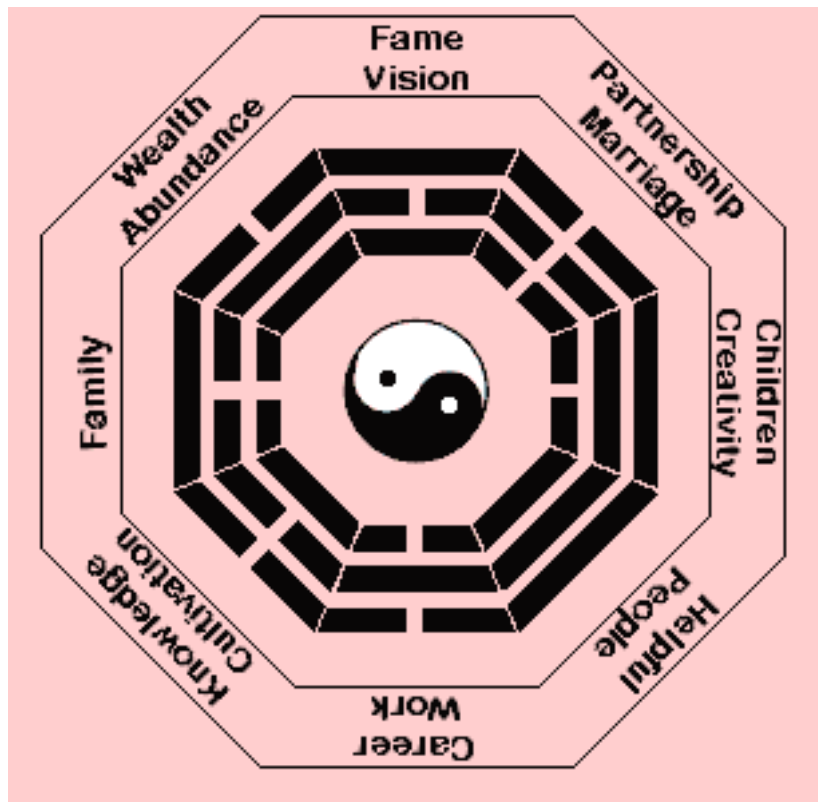
- ◆ Represents expansion and growth and looks for a new approach.
- ◆ Confident and risk taking.
- ◆ Colors are jewel tones, greens and purples.
- ◆ Represents Family relationships and abundance on the ba gua.
- ◆ Direction is east.
- ◆ Shapes are rectangular and upright.

The Ba Gua

- ◆ The ba gua contains representations of each of the five elements and is used to help us determine the flow of chi in our homes/rooms.



Ba Gua



- ◆ It also represents a journey or life path.
- ◆ We can use it to help us design our homes to help us meet our desired journey.
- ◆ Many skeptics call the ba gua a complicated answer to common sense.

Assessing our homes for feng shui...

- ♦ To assess a space, click [here](#).





Keys to using Feng Shui



- ◆ Go with your intuition; it guides our ‘spirits’ (or the aspect of reality we can’t physically see).
- ◆ Use the ba gua as a guidance (on the main entrance of a room).
- ◆ Do your research; there are many books and sources available to help you.
- ◆ Keep it simple.
- ◆ Change one area at a time as doing more could overwhelm you.
- ◆ Learn to recognize positive and negative energy.
- ◆ Keep an open mind!



To learn more...



- ◆ Go to the Western School of Feng Shui
- ◆ Check out the library for books.
- ◆ Internet searches are helpful.
- ◆ Call a design consultant.

Bedroom that has been designed
with Feng Shui in mind.



Office Space...



Bedroom...



Pretty Picture to say good bye!

